



Vernon Senior Center's

Issue 13

July 2014



Senior Moments

Summer Luau Island Party



Aloha!

Join us **Friday, July 18th** at **12:30pm** for a luau luncheon catered by **Maneeley's Banquet Facility** of South Windsor, CT!

The mouthwatering menu includes:

- * Tropical Fruit Salad
- * Pineapple Chicken Kabobs
- * Hawaiian Roast Pork
- * Brown Sugared Sweet Potatoes
- * Hawaiian Sweet Rolls & dessert



Sit back, relax, and enjoy the meal while listening to the sound of **The Humble Bees**, a band from central CT that plays a new-style ukulele called the Fluke. Their performance is energetic, animated, and an overall great experience!

Call the center to sign up!

Cost: \$12



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Newcomers Welcome

On the 4th Thursday of every month, the Senior Center hosts a tour of the Center for new seniors. This month, it will be held on **Thursday, July 24th at 1:30pm.**

Come and take a tour of our beautiful facility and learn about the programs and activities that are available. The Senior Center's goal is to offer a wide variety of programs and activities that would be of interest

to all seniors. The Center is always open to suggestions and is willing to try new endeavors to meet the needs of our seniors. We are extending a warm welcome and

hope to see you on the 24th. Please call to register. Please note it costs \$2.00 to join the Center.



Health Programs

The next Blood Pressure and Blood Sugar Screening at the Center will be held on **Wednesday, July 9th**. The hours are from 9:00 am – 10:00 am. Appointments are not necessary. The Visiting Nurses will be on hand to answer any questions that you may have.



The Hearing Screening: The next hearing screening will be held on **Thursday, September 18th** starting at **10:00am**. A representative from the Hearing Wellness Center will provide free hearing screenings, check hearing aides & will be available to answer your questions.

Other Healthy Activities

Walking Club: The Walking Club meets on **Mondays at 10:00am at Sacred Heart Church** to walk the rails to trails. This activity requires a higher fitness level & requires being able to walk 3 miles. If you are interested in joining, please call Carol Benoit at 860-454-7449.



Table Massage
Gary Tyler Jr., massage therapist, will be at the Center on Friday mornings. He will be doing table massage, \$20 for a half an hour and \$40 for an hour. If you are interested in having a massage, please contact him directly at 860-794-3430 to schedule an appointment.

On-Going Healthy Activities

Tai Chi: Tai Chi is offered on **Fridays at 10:00am**. Tai Chi is Chinese “meditation in motion” that is primarily practiced for health benefits. It consists of slow movements that emphasize body coordination, strength, flexibility and relaxation. Alcyone Brennan is the Instructor. 1st class is free for new folks. Cost \$5 weekly.



Wii Bowling: This activity is offered on **Fridays at 12:30pm**. Join the hooting and hollering.

Upcoming Competition Dates:

July 25th vs. East Windsor at 12:30pm at the Vernon

August 1st vs. East Hartford at 12:30pm at Vernon

August 8th vs. White Oaks at 11:00am at White Oaks

Please wear your team shirts and name badges!

Cards & Games

Bingo—Mondays at 1:00pm

Bridge—Fridays at 1:00pm

Canasta—Wednesdays at 1:00pm

Chess—Tuesdays at 9:30am

Cribbage—Wednesdays at 9:45am

Dominos : Tuesday at 1:00pm & Thursdays at 10:00am

Hearts—Mondays at 1:00pm

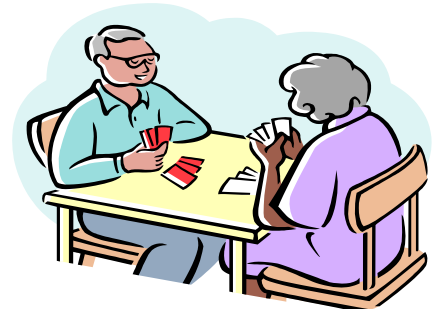
Mah Jongg—Mondays at 9:30am, Thursdays at 1:00 pm

Pinochle—Tuesday & Thursdays at 1:00 pm

Scrabble—Tuesdays at 1:00pm

Set Back—Friday at 9:45am

Wii Bowling—Fridays at



Other Opportunities

Strollers: The Center is offering an additional walking group that will leisurely walk and stroll the Rails to Trails on **Thursdays at 9:30am.**

This activity is for seniors who would like to walk but at a slower, less strenuous pace.

If you are interested in joining the Strollers, please contact Sela at the Senior Center.

Do You Like to Play the Card Game “Hearts”? If so, please join us on **Mondays at 1:00pm** for this fun game. This is an on-going activity so you don’t need to register. Just come to the Center and join the fun.



Do You Want to Learn How to Play Dominos? Do you need a refresher course? If so, please join us on **Tuesdays, at 10:00am** for this fun activity.

This is an on-going activity so you don’t need to register. Just come and join the fun.

Hope to see you.

Movie Matinee

Popcorn and A Movie—The Center is offering movie matinees! **Wednesday, July 9th at 1:00pm.** The feature film is **The Secret Life of Walter Mitty.** Shy photo manager Walter Mitty (Ben Stiller) is constantly daydreaming to escape his humdrum life and domineering mother, but when he gets embroiled in real –life adventure, he discovers that being a hero is tough work. Comedy –Rated PG.

Wednesday, July 23rd at 1:00pm. The feature film is **Gravity.** As a medical engineer on her first shuttle mission embarks on a space walk with a seasoned astronaut, debris strikes their craft and destroys it — leaving the two floating through space together, with no connection to Earth. Starring Sandra Bullock & George Clooney. Drama—Rated PG-13



Please call the center to register for this program so we will know how much popcorn to pop!

Creative Goings On

Drawing Class

Mary Wolff teaches a drawing class on **Tuesdays at 1:00 pm**. They use color pencils, pastels, pen and ink and watercolor. Drawing experience is not necessary. All that is needed is desire and interest. Participants pay Mary directly and she charges \$5 for each class.

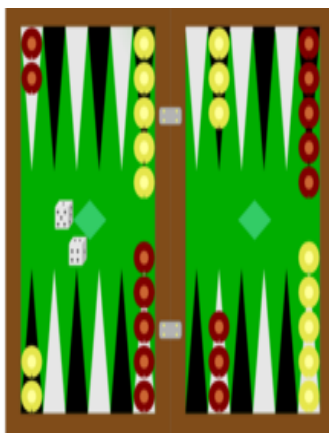


Crochet & Knitting

Do you like to crochet or knit? We have a very active group & this activity now meets twice a month. Come and join our knit & crochet group on the **2nd and 4th Wednesday of the month at 10:00 am**.

All are welcome. The group gets bigger every month!

A Hodgepodge



Backgammon: Interested in playing backgammon or learning the rules of the game? Stop by the senior center for an **Informational Backgammon Meeting** on **Thursday, July 31st at 1:30pm**.

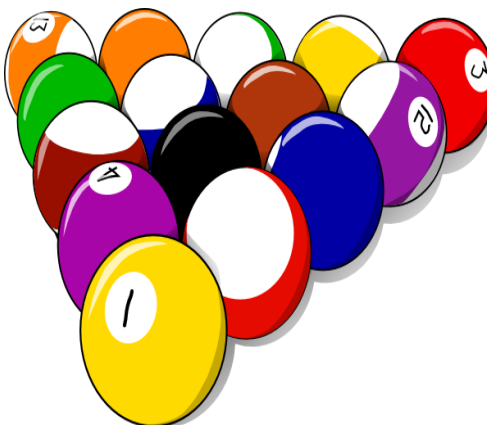
Please call now to sign up

We would like to recognize **Leslie Noyes** for his attendance to the 2014 Honor Flight—New England to the World War II Memorial in Washington, D.C. on May 18th.

We truly appreciate your service during World War II — and a thank you to all veterans

For the Sports Minded

Drop In Pool - Men's drop in pool is on **Wednesday & Friday afternoons at 1:00pm**. It doesn't matter if you are an avid player or a little rusty, all players are welcome. Come and join an afternoon of fun.
Ladies Pool - The ladies play pool on **Tuesday mornings at 10:00am**. Any senior lady who would like to join the group is welcome!



Co-Ed Pool Tournament:

The co-ed pool tournament will begin Monday, July 7th at 9:30am and will run for 10-weeks.

Call now to sign up!

Transportation

Senior Car—The Vernon Senior Center offers rides to seniors for out of town medical and dental appointments. This service is for Vernon residents age 60 & older. You must be ambulatory. Call Sela at the Center to schedule a ride. Rides are available Monday-Friday between 9:00 am & 2:00 pm.

Senior Bus—Our senior bus shopping trips are weekly on Thursdays. The bus travels to Stop & Shop, Kmart & Price Chopper. There are pickups available at the Senior Housing complexes-Franklin Park, Court Towers, Grove Court, Florence Mill, Pitkat Congregate Center, Windermere Court, the Senior Center & Sacred Heart Church.

Buckland Mall & Wal-Mart—Friday July 25th

Need a ride to any activity or program at the Center? Contact Hockanum Valley Community Council
860-870-7940
Dial A Ride Services



Senior Center Library

Library books, VHS tapes and Puzzles are available for seniors from our Senior Center Library. The Library is located on the second floor of the Center in a quiet, cozy corner. We have a wide variety of books on hand for your reading pleasure. Please feel free to come in and check out whatever may be of

interest to you. An added bonus is that you may return the items



All items have been donated. Our Library is now up and running again and donations are gladly accepted. Tina Sulam and Maryann Romano continue to volunteer keeping the library organized and easily categorized for your reading pleasure. A special thank you for all their hard work.

Foot Care Appointments Available!



The Senior Center will be offering Foot Care appointments twice a month. This month the appointments are on **Thursday, July 3rd and Thursday, July 10th**. Specially trained Registered Nurses will provide a general assessment and then offer any necessary procedures for better foot health! It is essential that you schedule an appointment, so please contact the Center at 860-870-3680. The appointments fill up quickly so call as soon as possible. **Cost \$29.**

FYI

Parking At the Senior Center We, at the Senior Center, understand that parking can be difficult as we are offering more activities. Therefore, we ask, if possible, that you car pool. Also, we try to schedule well attended events on Friday afternoons when Town Hall is closed & more parking is available.

Notary Public Service is available at the Senior Center, free of charge. This service is offered for Vernon seniors only. If you need paperwork notarized, please contact the Center for an appointment.

Suggestion Box Your suggestions are always welcome. You will find the box on the table near the coffee on the 1st floor

Age Requirement Change

The age requirement for trips has been changed to age 55 and older. For all other activities at the Center, the age requirement remains at 60 or older. The Center offers day trips monthly so watch our calendar.

CHOICES Counselor

Cathy Bouley, a trained CHOICES counselor, will assist you with questions that you may have regarding Medicare, Medicare Advantage, Prescription Coverage or Supplemental Insurance. The North Central Agency on Aging provides the training and

keeps the counselors informed about any changes in Medicare



& other health insurance programs that effect seniors.

If you have any questions about your coverage or anything else related to your insurance, please contact Cathy at 860-870-3594 on Tuesdays and Fridays. Please note that the counselors do not sell insurance.

Upcoming Events

The following is a listing of activities and programs for the upcoming months. Check the newspaper, the Town's website and the monthly newsletter for more details as these dates draw near.

September 29th: Shuffleboard Tournament begins

October 2nd: Mahjonn Tournament Begins

October 10th: Italian Festival

October 10th: MCC Noon Institute-The Manhattan Project

December 12th: Holiday Luncheon



Special Event

Birthdays & Anniversaries

The Center will be celebrating April, May, June & July Birthdays on **Monday, July 14th at 2:30pm.** If you have a birthday or anniversary, please stop by for the celebration. Even if you don't have a birthday, please stop by to wish

A Birthday cake will be served, so please contact the Center to register so we know how many to expect. Birthdays and Anniversaries are very special occasions and the Senior Center is honored to recognize those seniors at these special festivities. Come and share your special day with us.



Other Activities

The “**Out to Lunch Bunch**” meets on the first **Tuesday** of every month. Each month a restaurant is chosen and this month the “bunch” is going to **Harry's Place** in Colchester on **Tuesday, July 1st at 11:30am.** Call now to sign up.

The senior bus is available for



transportation & pick up at all the Vernon Senior Housing facilities with stops at the Senior Center and Sacred Heart Church. Please call Sela or come to the Center to sign up for this fun day out with your friends.

Thank you to Marion Pitman who sets up all the luncheons at area restaurants for the members.

Advisory Board

The Senior Center Advisory Board meets the 4th Tuesday of the month at 9:30 am.

The following are the present board members: Jean Inge, Ron Kane, Joe Grabinski, Sally Hearn, William Tyler Sr., Richard Levitsky, Patricia Iamonaco, Carole Slattery and Karen Torelli.



The Advisory Board does not meet during the months of July and August

The Advisory Board role is to bring suggestions to the Director regarding activities, programs and senior issues that the members would like to see happen at the Center or see addressed.

What You Should Know

Renter's Rebate

Vernon Social Services is presently taking applications for Renter's Rebate. If you are low income and rent, you may be eligible for a one time "rebate" award. This is a State program administered by the Towns. Please contact Social Services at 860-870-3661 to schedule an appointment or for more info.

Medical Equipment:

We will no longer be accepting or loaning out medical equipment. This includes walkers, canes, commodes, shower seats, and wheelchairs.

We appreciate all the donations we have had in the past.

Signing In At the Senior Center.

It is really important that you remember to sign in with both first & last names & sign in clearly. The Center uses the sign in sheets to determine activities and programs that we sponsor. By not signing in, we do not have an accurate number of participants. Your cooperation in this matter is greatly appreciated.

Senior Book Club

The book club will **not** be meeting in the months of July & August.

The next meeting will be held on **Thursday, September 18th at 10:00am.**

Have a wonderful summer!



The books to be discussed are:

1. "J. Roger Williams" by Mary Lee Setile
2. "Beggarman, Thief" Irwin Shaw
3. "Wuthering Heights" by Emily Bronte

Read any or all of the summer reading books and join us at our next meeting!

Summer Weather Safety Tips!

After such a long, cold winter we all want to step out in the summertime sunshine. However, UV rays & heat can come with many dangers. Here are a few safety tips you can do to improve your safety during the summer months!



1. **Drink Plenty of Fluids:** Aim to drink 6-8 glasses of water each day.
2. **Pick the Right Outfit:** Wear light weight fabric, sunglasses, light colors, etc.
3. **Turn on Your Air Conditioning**
4. **Be an Early Bird or Night Owl:** Sun is strongest between 10am & 4pm.



5. Watch for Heat Stroke

6. Check on Friends & Family

7. Review your Medications: some medications have side effects like increased sensitivity to UV rays. Check with your doctor

8. Wear Sunscreen: Look for protection against UVA & UVB rays, and an SPF of 15 or greater.

Senior Center Trips

Saratoga & Lake George

A Day at the Track & The
Historic Sagamore Resort

August 26th-28th

**3Days/5 Meals including
Dinner Cruise**

August is race time at the beautiful Saratoga Race Course. On our first day, we will visit **Cabin Creek Farm** which is a caring home for retired Thoroughbreds. We will have a guided tour the stables with & even feed carrots to the horses. Then, we are off to downtown Saratoga.

We'll have time to stroll down Broadway with lunch on your own. After checking into our hotel, the **Queensbury Hotel, Glens Falls**, we will have time to relax. That evening, we take a **Dinner Cruise** on the **Le Lac du Saint Sacrement on Lake George**. Next day, we'll rise & shine to a full breakfast at the hotel before leaving for the track. We will take a tram ride & visit

paddocks & see the morning workouts. A quick walk to our reserved grandstand seats & a day of racing followed by dinner at **Longfellows Restaurant**.

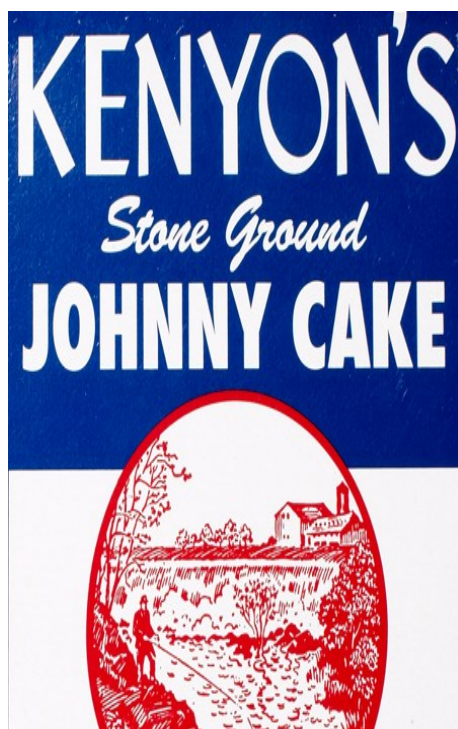
Day 3 After breakfast, we depart for Lake George Village, shopping & Prospect Mountain. We then head for **Sagamore Resort at Bolton's Landing** for lake-view dining before heading for home.

Cost: \$488 pp based on double occupancy. Call the Center for more information.

Day Trip to Sunny Rhode Island

Join us for a wonderful day in sunny Rhode Island. The day begins with a visit to Kenyon's Gristmill. Enjoy cooking demonstrations by the waterfront. Sample Rhode Island Johnny Cakes as you enjoy the tour of the mill and grinding process of the locally roasted coffee.

You will enjoy lunch at The Coast Guard House Restaurant in Narragansett.



Enjoy marinated chicken breast with mashed potatoes and seasonal vegetables or penne primavera, with seasonal vegetables and a light white wine butter sauce. The meal includes a garden salad, dessert, and coffee. After lunch we will take a short drive to the Fantastic Umbrella Factory.

Date: Wednesday, August 20th

Cost: \$68 includes round trip transportation, Tour at Kenyon's Gristmill, samples of Johnny Cakes & Coffee, Sit down lunch at the Coast Guard House, The Fantastic Umbrella Factory. All taxes & gratuities.

DAY TRIPS

Up Coming Trips

Wednesday, July 16th—
**Landmark's Lobster
Bash & One Night with
Elvis starring Brian Wel-
don.**

Wednesday, August 20—
**Rhode Island—Kenyon's
Gristmill & lunch at Coast
Guard House Restaurant**

Wednesday, September 17th—
**Cape Cod Canal, 100 Year
Anniversary Celebration**

October—Albany's Empire
State Plaza & NY State
Museum with Exhibit
through the Eyes of the
911 First Responders.

We are in the
planning stages
for trips in
November &
December. If you
have any
suggestions,
please contact the
Center.



Cancellation Policy

If a person cancels a trip for
any reason, NO refunds will
be given once payment is
received unless we are able
to fill your spot on the trip.
We will call our wait list, if
any, and make every effort
to fill your spot in order to
issue a refund.

November & December
Trips in the planning stages.

Cape Cod & 100 Year Canal Anniversary Celebration

Join the Vernon Seniors on a
wonderful trip to **Cape Cod** and
**Enjoy A 100 Year Canal
Anniversary Celebration!** The
trip starts with lovely ride to Cape
Cod to the Victorian seaside village
of Onset. Lunch will be at the
elegant Salerno's with loads of
historical charm, in an original
ballroom with its ornamental tin
ceilings and handcrafted Mahogany
bar, reminiscent of an era gone by.
Lunch will be a choice of Baked
Native Cod or Sliced Roast Beef. The
meal includes a garden salad and
dinner rolls, roasted potatoes and
seasoned veggies. There will also be
a Celebration Birthday Cake!



Next you will board the Hy-Line
Cruise Ship for a narrated cruise
down the Cape Cod Canal. The Cape
Cod Canal is a National Historic Civil
Engineering Landmark.

Come join us and help us celebrate
this centennial event!

**Date: Wednesday, September
17th**

\$87.00 per person

Cost includes: transportation, sit down lunch, Harbor
Cruise, & all taxes & gratuities including the driver

Pickup is at 9:00am

Return approximately 6:30pm

Special Events & Services

Life Insurance Talk

The Center is offering a program, sponsored by the State of Connecticut Insurance Department, Consumer Services Division, to help consumers navigate insurance.

Gerard O'Sullivan, the presenter from the State Agency will be at the Center on **Monday, July 28th at 10:30am**



He will provide information and answer questions regarding your life insurance.

This is to provide information only, No sales will be involved.

Please contact the Center to register for this informative program.

AARP Driver Safety Class

The AARP will host a Drivers Safety Class on **Monday, July 21th** from **11:45—3:45pm**. Cost is 15.00 for AARP members, \$20.00 for non-members. Call now to register, space is limited. Students who take the class may qualify for a discount on their auto insurance.

Other Upcoming Dates:

**September 15th
&
November 19th**



The course is designed to help you:

- * Update driving skills and your knowledge of the rules and hazards of the road.
- * Learn about normal age-related physical changes and how to adjust your driving to compensate.
- * Reduce your chances of receiving a traffic violation, getting into an accident, or becoming injured.

Call now to sign up for this event.
Space is limited

Fun & Games

Ice Cream Social



July is national ice cream month! Come beat the summer heat for an **Ice Cream Social** on **Friday, July 11th at 1:00pm.**

Indulge in either chocolate or vanilla ice cream with an array of your favorite sundae toppings: chocolate sauce, sprinkles, cherries, candies & much more!

Call the center to sign up!



Hollywood Squares

Join us on **Friday, July 25th at 1:00pm** for our own version of the popular game show **Hollywood Squares!** Join either Team X or Team O and we will test your trivia skills with the help of nine celebrities!

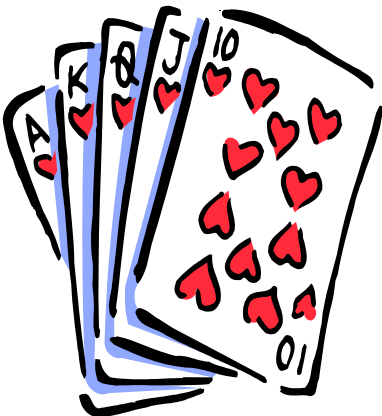
Play this exciting game of tic-tac-toe . Get three squares across, up and down or diagonally to win the game!

Prizes will be awarded.

Call now to sign up!



Crazy Whist Card Party



The Senior Center is hosting a Crazy Whist Card Party on **Wednesday, July 30th at 12:30pm.** We will start with pizza followed by card playing.

Crazy Whist is a fun card game that everyone can play. It does not require any special skill and is very easy to learn.

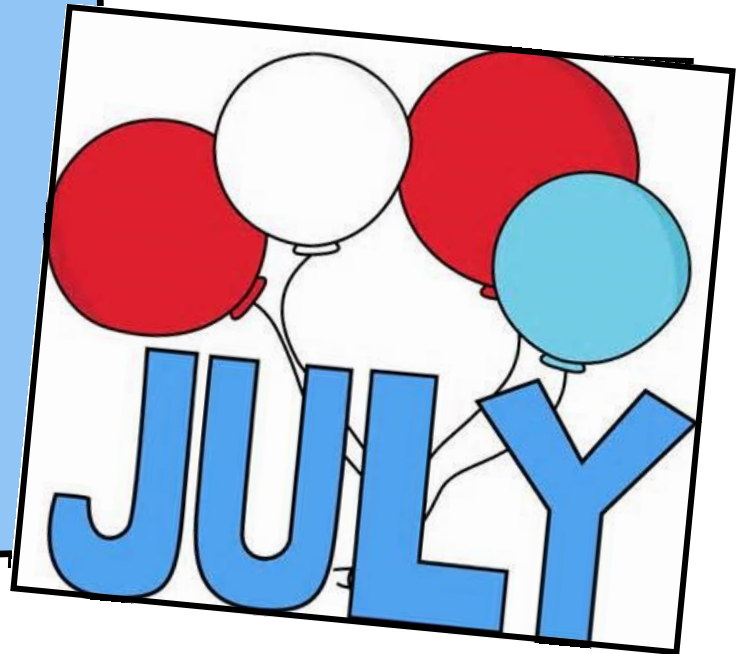
Small prizes will be awarded so please mark your calendar for this fun filled afternoon.

Cost is \$7 pp. Please call the Center to register for this fun activity.

Everyone is welcome.

Just a Reminder...
The Senior Center will be
closed on Friday, July 4th
for Independence Day

Join us at the Senior
Center for a fun day!



July's Birthdays !

Happy Birthday:

July 1: Vera Borkowski

July 2: Mary Uhlman

July 3: Claire Kehoe,
Richard Cioto

July 4: Maureen Cosgrove

July 5: Dee Turkington

July 6: Dolores Hoermann

July 12: Bette Lehrmitt

July 17: Maryann Hopowiec

July 24: Gladys Vincent
Bill Tyler

July 25: Sibyl Krebs

July 26: Bob Flanders

July 28: Sam Blonstein

July 30: Gisele Cormier



*Friends
Are
Always
Welcome
Here*

VERNON SENIOR CENTER

26 Park Place

Phone: (860) 870-3680

Fax: (860) 870-3588

Email: pclaydon@vernon-ct.gov

Website: www.vernon-ct.gov

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Hours

Monday—Friday

9:00am-3:00pm

*Happiness is
spending time at
the
Senior Center!!*

*Join us at the Senior
Center for a fun day!*

*The Vernon Senior Center is committed
to assisting Vernon seniors by providing
programs that meet their needs and address their
concerns.*

Our staff includes:

Paula Claydon, Director

Sela Saunders, Secretary/Receptionist

Andrea Bouchard, Program Coordinator

Cathy Bouley, Coordinator

Vernon Senior Center
26 Park Place
Vernon, CT 06066

To: